

Living Well with Chronic Conditions



October 15, 2009



Presentation Agenda

- Overview of Living Well with Chronic Conditions Program
- Program Excerpt
- Hosting a Living Well workshop
- Living Well Leader training





What is Self-Management?

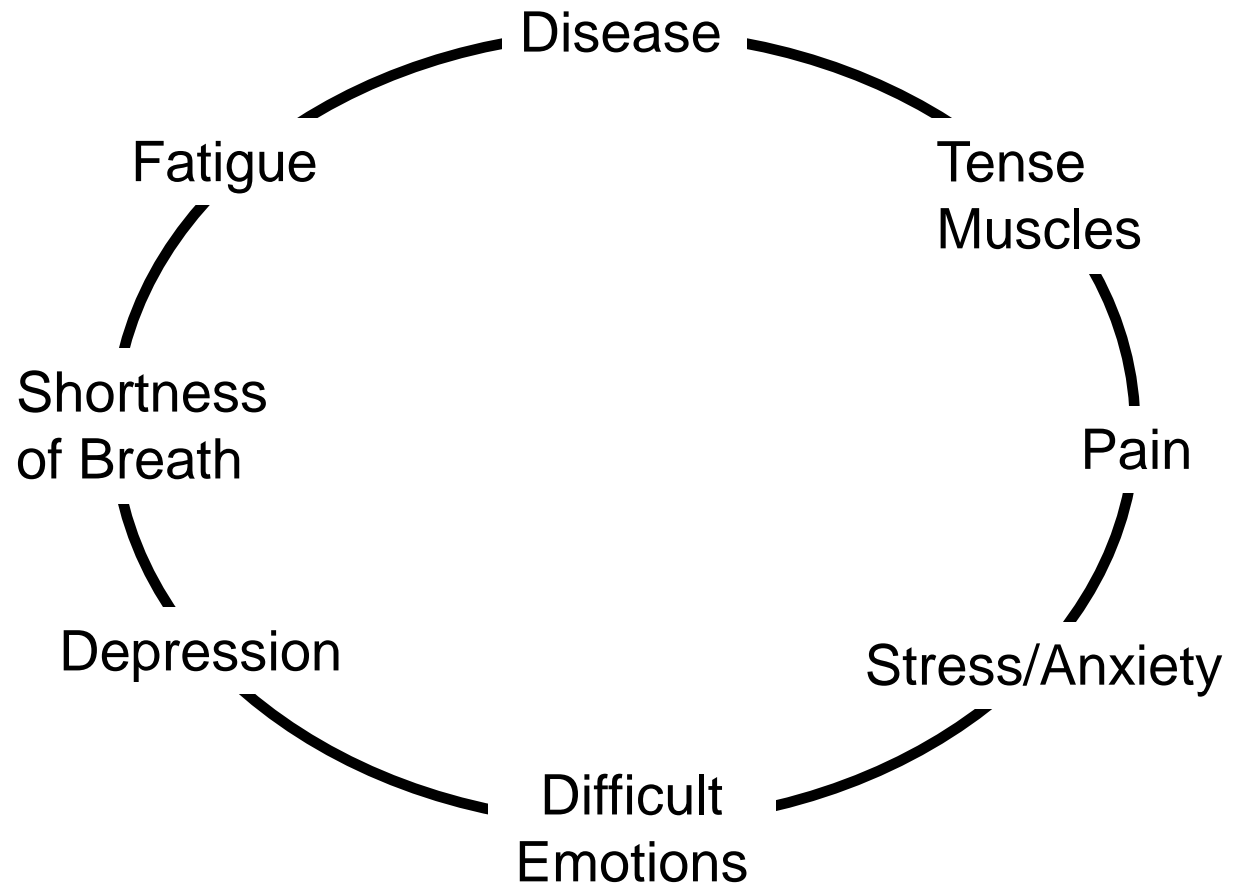
“The tasks that individuals must undertake to live with one or more chronic conditions.”



“What people do 99.9% of the time.”



The Symptom Cycle



Patient education vs. Self Management Support

- *Information and skills are taught.*
- *Usually disease-specific.*
- *Assumes that knowledge creates behavior change.*
- *Goal is compliance.*
- *Health care professionals are the teachers.*
- *Skills to solve patient identified problems are taught.*
- *Skills are generalizable.*
- *Assumes that confidence yields better outcomes.*
- *Goal is increased self-efficacy.*
- *Teachers can be professionals or peers.*





Living Well Programs

- Small group setting (10-15 people)
- Led by two trained leaders, at least one of whom is a peer with a chronic condition
- Standardized training for leaders
- Highly structured teaching protocol
- Standardized participant materials and companion book
- Organizations must obtain a Stanford license to offer the program





Program Overview

- 2 ½ hours per week; 6 weeks
- Multiple chronic diseases and symptoms in the same group
- Focus on self-efficacy, action planning, problem solving, and communication





The Self-Management Toolbox

- Physical activity
- Medications
- Managing fatigue
- **Action Planning**
- Better breathing
- Understanding emotions
- **Problem-solving**
- Using your mind
- Managing pain
- Communication
- Healthy eating
- Working with health professionals





Action Planning

- Something you want to do
- Achievable
- Action-specific
- Answers the questions: What? When? How much? and How often?
- Confidence level of 7+ (out of 10)





Problem Solving

1. Identify the problem
2. List ideas
3. Select one
4. Assess the results
5. Substitute another idea
6. Use other resources
7. Accept that the problem may not be solvable





Sample Exercise - Using Your Mind to Manage Symptoms

Ask me about lemons...





Evidence-Base

Research indicates participants spend

- Fewer days in the hospital
- Fewer outpatient and ER visits

Participants report

- Improvement in self-reported health and health distress
- Improvement in social life/activities
- Improved energy/less fatigue

Demonstrated cost-savings





How to Host a Workshop

- Have at least two individuals from your organization trained to be Living Well leaders
- Arrange location, time, recruit participants
- Obtain materials





Leader Training

- Leaders must be affiliated with an organization that has a Stanford license to offer the program
- Four full days for Living Well and Tomando Control
- After completion of the training, a new leader is not certified until they have led two workshops within the first year of being trained





Leader Training

- Nearly all trainings are offered free of charge
- Licensed organizations can offer trainings
- DOH can help you find a training via our Master Trainer network/email list



Questions?

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Stanford Patient Education Resource Center

<http://patienteducation.stanford.edu/>

